

REFRESHING GINGER
MINT LEMONADE



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YIELD
4 cups



TIME
5 min



GF



NF



SF

INGREDIENTS

1 Tbsp grated ginger*
3 long springs fresh mint, or more if desired
3 lemons, juiced
3 cups (720 mL) water
2 cups (440 g) ice cubes
2 Tbsp (15 mL) agave syrup, or more if desired**

DIRECTIONS

1. Wash the ginger, and grate it (skin included) into a pulp using a grater. Gather the pulp into your fist and squeeze with your hands over a pitcher to extract the juice***.
2. Add the mint to the pitcher, and using a wooden spatula or wooden masher, give the mint a mash. We want to bruise the mint leaves slightly, just enough to extract some of it's flavour into the drink.
3. To the pitcher, then add the lemon juice, water, ice cubes, and agave syrup. Give it all a stir, and serve immediately. Cheers!

NOTES

- * The more ginger, the spicier the kick. If you want a subtle ginger flavour, just cut the ginger into slices and add to the mix, instead of grating and squeezing.
- ** If you are finding this too spicy or tart, add more agave syrup or water, as desired.
- *** You can also use a nut milk bag, or a thin, clean dish towel to squeeze out the liquid, or if you have a juicer, you can just put the ginger through that. If you are squeezing it by hand, you might notice it can irritate your skin, especially if you have any cuts. Wash your hands well afterwards.
- **Storage:** the ginger, lemon juice, and syrup concentrate can be prepared and kept in a jar ahead of time (max 2 days) and diluted with water when you want a refreshment.
- **Variations:** add berries like raspberries, blueberries, or strawberries, or slices of cucumber.